Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Homemaker News
EXCLUSIVE TO STATE EXTENSION EDITORS
U.S.D.A. PRESS SERVICE, OFFICE OF INFORMATION, AND EXTENSION SERVICE

MAR 13
O. E. S. LIBRARY

No. 10-41 February 20, 1941
(Digest of Market Basket for February 26, 1941)

THE WHITE POTATO

"With 'plenty of them,' the market byword for potatoes right now, and with word from the Federal Bureau of Home Economics declaring the cooked vegetable an economical and good source of vitamin C, it is high time for homemakers to make the most of the potato in the meals every day," claims _____ (Name) _____ (Title), _____ (Place).

"Making the most of them does mean cooking potatoes to save as much food value as possible--in the jackets, either boiled or baked. If the potatoes are pared, good cooking will mean the use of little water in the boiling and using the water left after the cooking in soup or gravy. Such are the rules for conserving the vitamins and minerals.

"So far so good, but making the most of any food concerns its taste also," suggests _____ (Name). Mashed potatoes, for instance, may well be smooth, light, and fluffy, with none of those unpleasant lumps. For no lumps, cook the potatoes thoroughly first of all, then mash them thoroughly, and be sure the milk you add is hot.

"For the best baked potatoes, have the oven hot, 400 to 425 degrees F., at the start, and bake them at that temperature until they are thoroughly done. Whether you grease the skin will depend on your family's preference, but remember if you do, the skin may turn out to be soft----and greasy!

"Hashed brown potatoes suggest an excellent use for those few that are left-over. But there is a trick in getting that delicious crisp brown crust. After you melt the fat, add a little hot water before you add the seasoned potatoes. About one-fourth cup of water will be enough for four cups of potato cubes."